



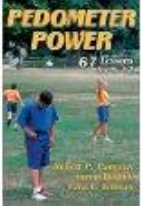
EDUCATIONAL RESOURCES FOR HEALTHY LIVING

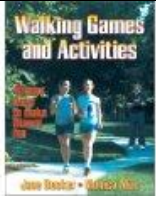
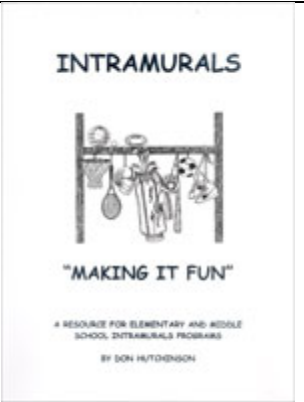


– PHYSICAL ACTIVITY


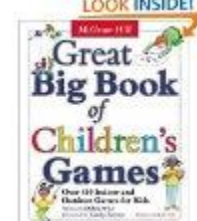
To access these resources contact:
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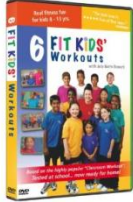
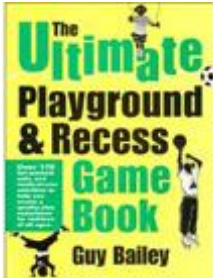

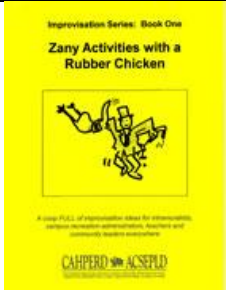
This list is also published on our web site at
[http://web.wnlsd.ca/student health](http://web.wnlsd.ca/student_health)







PHYSICAL ACTIVITY




Resource Title	Description	Format	Media
<p>Daily Physical Activity Teacher's Guide</p> <p>Grades K – 6</p>	<p>These activities were designed by the City of St. John's and the Eastern School District to help teachers use physical activity as an instructional strategy in the classroom.</p>	<p>Click activity to download.</p>	<p>1 – 3 Equipment Activities 1 – 3 Non-Equipment Activities 4 – 6 Equipment Activities 4 – 6 Non-Equipment Acti. K – 6 Equipment Activities</p>
<p>Daily Physical Activity Lesson Plans</p> <p>Grades K – 6</p>	<p>These plans were designed in the Western School District with help from the Eastern and Nova Central School Districts to help teachers use physical activity as an instructional strategy in the classroom.</p>	<p>Click lesson plans to download.</p>	<p>Lesson Plans K – 3 Lesson Plans K - 3 Fun Activities</p>
<p>DPA Energizers</p> <p>Grades K – 5 Grades 6 – 9</p>	<p>Some great ideas for adding physical activity to your classroom - these short activities are broken down by grade level and into curriculum-based energizers.</p>	<p>Click subject to download.</p>	<p>K – Grade 5 Healthful Living Gr. 6–9 Language Arts Gr. 6 -9 Math Gr. 6 – 9 Music Gr. 6 – 9 Science Gr. 6 – 9 Social Studies Gr. 6 - 9</p>
<p>DPA Classroom Activity Kit</p>	<p>Kit comes with a Teacher's Manual, rubber chickens, bean bags, move cubes, juggling scarves, music CD, and more</p>	<p>Resource Kit</p>	
<p>Pedometer Class Set Kit</p> <p>All ages</p>	<p>Pedometers serve as an excellent motivator to get people moving. This package includes a class set of pedometers and ideas for use in the classroom.</p>	<p>Class set of pedometers</p>	
<p>Pedometer Power</p> <p>Grades 1 - 12</p>	<p>This book contains 67 lessons to help students develop patterns of physical activity and teach them how to monitor the amount of activity they accumulate on a daily basis.</p>	<p>Book</p>	

<p>Walking Games and Activities</p> <p>All ages</p>	<p>This book offers a wide variety of fun and challenging walking games that could be used to develop a walking unit in a Health class.</p>	<p>Book</p>	
<p>Intramurals, Making It Fun</p> <p>All ages</p>	<p>This manual contains over 45 school culture building activities including mass Advisory Challenges, Competitive Leagues, Theme Day Events, and Fund Raiser Activities. The goal is to provide students an opportunity to participate in activities “without a win at all costs atmosphere.”</p>	<p>Manual</p>	
<p>Playground Stencils</p>	<p>These stencils are great for making asphalt come alive and help get students active on school playgrounds. We have these stencils available:</p> <ul style="list-style-type: none"> • Four Square • Hopscotch with Home • Alphabet Hopscotch • Snail Hopscotch • Playground Math Calculator • Number Line • Map of Canada • Snakes & Ladders • Bull's Eye Toss • Target Circle 	<p>Stencils for asphalt painting</p>	
<p>You're It! Tag, Tag, ... and More Tag</p> <p>Grades K – 9</p>	<p>This book provides over 90 traditional tag games that children will enjoy and play over and over again.</p>	<p>Book</p>	
<p>Favorite Active Games</p> <p>Grades K – 9</p>	<p>This list of over 40 activities came from Physical Education Teachers around the Western School District. Some great ideas for active play on the playground.</p>	<p>Click to download</p>	<p>Favorite Active Games</p>

<p>Intramuralology</p>	<p>A quick reference guide for intramural programs from CAPHERD</p>	<p>Book</p>	
<p>Great Big Book of Children's Games</p> <p>Ages 3 – 14</p>	<p>Over 450 indoor and outdoor games for kids: Sidewalk, blacktop, hide and seek, races and relays, ball games, and road games.</p>	<p>Book</p>	
<p>Outrageous Outdoor Games Book</p> <p>All ages</p>	<p>Terrifically creative and easy games for everyone. These games will be new to your children and are engrossing and satisfying.</p>	<p>Book</p>	
<p>Hopscotch, Hangman, Hot Potato, & Ha Ha Ha</p> <p>K – 6</p>	<p>This book will bring back wonderful memories of your childhood. Games you always wanted to share with your kids, but couldn't remember exactly how to play them, are not a problem now. This book will provide hours of fun.</p>	<p>Book</p>	
<p>Limited Space Activities</p>	<p>No gym? No problem! Limited space does not need to be a barrier to increasing physical activity levels among children at school. Using these ideas, teachers can encourage students to move in the classroom for good health.</p>	<p>Book or click to download</p>	<p>Limited Space Activities</p>
<p>No Standing around in My Gym</p> <p>Grades 3 – 6</p>	<p>This book gives great games for use both in and out of the gym. Student waiting is kept at a minimum with the ideas in this book. Many of the games are great as lead up activities for team sports. Great for upper elementary (grades 3-6).</p>	<p>Book</p>	

<p>65 Energy Blasts</p> <p>K – 6</p>	<p>65 workouts that kids love doing in front of the TV. They are easy to learn and fun to do! Each blast is one minute, fifteen seconds long.</p>	<p>DVD</p>	
<p>Get Strong 101</p> <p>All ages</p>	<p>This DVD is for teachers, community instructors, and parents. Activities and drills are demonstrated to help develop core strength, quickness, speed, balance, and agility.</p>	<p>DVD</p>	
<p>6 Fit Kids Workouts</p> <p>K – 6</p>	<p>This DVD is a blast for boys and girls from ages 8 to 13 with four five-minute and two ten-minute dance routines that are easy to learn and fun to workout.</p>	<p>DVD</p>	
<p>The Ultimate Playground & Recess Game Book</p> <p>All ages</p>	<p>More than 170 activities for recess and recreation time outside.</p>	<p>Book</p>	
<p>50 Games with 50 Tennis Balls</p> <p>All ages</p>	<p>Excellent resource with easy to follow activities and simple instructions and pictures to show the activity.</p>	<p>Book</p>	
<p>Zany Activities with a Rubber Chicken</p> <p>All ages</p>	<p>New and exciting ways to have fun and enjoyment for kids: Rubber Chicken Ultimate, Chicken 500, Hackey Chicken. These events can be run at minimal cost with lots of fun and creativity to be shared.</p>	<p>Book & chickens</p>	

<p>Agility Ladder</p>	<p>Speed, eye-foot coordination, and balance are just a few of the motor skills that can be improved with this portable Agility Ladder. Ladder is made from plastic rungs.</p>	<p>Ladder available to borrow</p>	
<p>Active School Playground Resource Kit</p>	<p>Kit comes with a list of favorite games, flying discs, skipping ropes, playground balls, bean bags, and more</p>	<p>Resource Kit</p>	
<p>Deal or No Deal Activity</p> <p>Grades 1 – 9</p>	<p>This fun game is based on the hit TV show and will add spirit, energy, and activity to your classroom. A great way to review for a topic and add excitement to the review!</p>	<p>Hard copy available to borrow or click to download Deal or No Deal</p>	
<p>Connect 4</p>	<p>This fun game will help students with their math multiplication tables and add fun and activity at the same time.</p>	<p>Game available to borrow</p>	
<p>Flag Fitness</p> <p>Grades 1 – 12</p>	<p>This fun game helps to develop memory skills for students of all ages.</p>	<p>Hard copy available to borrow or click to download Flag Fitness</p>	
<p>Cool Aerobics for Kids CD</p> <p>Ages 3 – 9</p>	<p>Kids find it fun to work out to these routines and songs. Routines feature breathing exercises, a warm-up, aerobic routines, and a cool-down. Guide with lyrics and instructions.</p>	<p>Available to borrow</p>	

<p>20 Great Asphalt Games</p>	<p>20 simple games kids can play on asphalt using stencils available at the Western School District Office</p>	<p>Click to download</p>	<p>20 Great Asphalt Games</p>
<p>Heart Smart Activities</p>	<p>These activities from the Heart & Stroke Foundation help children and Families live healthy and active lives with lesson plans on healthy eating, physical activity, smoke-free living, and healthy choices.</p>	<p>Click to visit site to download</p>	 <p>HEART & STROKE FOUNDATION OF NEWFOUNDLAND & LABRADOR <i>Finding answers. For life.</i></p>
<p>Do More Watch Less Challenge</p>	<p>A project which gives the opportunity to track current screen time behavior and make healthy changes to decrease screen time</p>	<p>Click to download</p>	 <p>100 in motion Do MORE Watch LESS Challenge Classroom Resource</p>
<p>Pedometer Activities</p>	<p>Lesson plans for cross-curricular activities relating to pedometers</p>	<p>Click to download</p>	 <p>Pedometer Activities!</p>